

# Lolo School District

Page 1

Recipe Sizing Report

Jun 15, 2012

## 000160 - Glorious Morning Muffins :

HACCP Process: #2 Same Day Service

Number of Portions: 50

Size of Portions: 1 ea

### Step 1

990019 EGGS,WHOLE,FRESH & FROZEN.....	5.555555 large
004582 VEGETABLE OIL,CANOLA.....	2 cups + 1 Tbsp
002050 VANILLA EXTRACT.....	1 Tbsp + 2.5 tsp
900156 FLOUR ALL PURPOSE.....	1 lb + 0.666666 oz
900158 FLOUR WHEAT.....	1 lb + 11.77778 ozs
019334 SUGARS,BROWN.....	2.75 cups + 0.5 TBSP (packed)
990047 BAKING SODA.....	44.44444 (1/8 TSP)
002010 CINNAMON,GROUND.....	1 Tbsp + 2.5 tsp
002047 SALT,TABLE.....	1.375 tsp
011124 CARROTS,RAW.....	1 qt + 0.125 CUP (shredded)
009004 APPLES,RAW,WITHOUT SKIN.....	2.75 cups + 0.5 TBSP (slices)
012179 COCONUT MEAT,DRIED (DESICCATED),SWTND,SH..	1.333325 cups + 0.5 TBSP (shredded)
990024 RAISINS,SEEDLESS.....	1.333325 cups + 0.5 TBSP (packed)
012061 ALMONDS.....	2 cups + 1 TBSP (sliced)

1. Heat oven to 350 F. Place paper baking cups in each of the 18 regular size muffin cups, or grease with shortening or cooking spray.
2. In large bowl, beat eggs, oil milk and vanilla with a wire whisk until well blended. Add flour, brown sugar, baking soda, cinnamon, salt; stir just until ingredients are moistened. Stir in carrots, apple, coconut, raisens and .5 cup of the almonds.
3. Divide batter evenly among muffin cups, filling each abot .75 full. Sprinkle remaining almonds over the batter.
- 4 Bake 20 - 25 minutes or until toothpick comes out clean. Cool 5 minutes;remove from pan.

\*Nutrients are based upon 1 Portion Size (1 ea)

Calories	280 kcal	Cholesterol	24 mg	Protein	5.43 g	Calcium	*31.94* mg	41.09%	Calories from Total Fat
Total Fat	12.77 g	Sodium	232 mg	Vitamin A	*268.8* RE	Iron	*1.44* mg	*5.82%*	Calories from Sat Fat
Sat Fat	*1.81* g	Carbs	37.97 g	Vitamin A	*1579.9* IU	Water <sup>1</sup>	*19.23* g	*0.12%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.04* g	D. Fiber	*3.15* g	Vitamin C	*1.0* mg	Ash <sup>1</sup>	*0.62* g	54.30%	Calories from Carbs
								7.76%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.